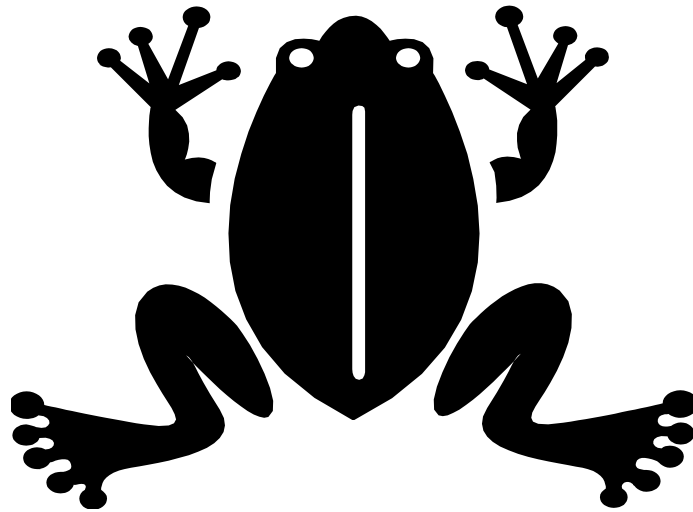


**Snohomish County  
Parks and Recreation  
Presents**

# **2014 McCollum Park Pool Program Handbook**

**McCollum Park Pool**  
600 128<sup>th</sup> St SE Everett, WA 98204



For general information  
**425-357-6036**



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### **Welcome to the McCollum Park Pool!**

Since the opening of the McCollum Park Pool in 1970 tens of thousands of people have visited the facility in safety and comfort to experience all the fun and memories that a public pool offers.

This handbook will orient parents to our Learn to Swim Program and provide some suggestions for what parents can do to help support and enhance their child's swimming experience. Also included are some useful facts about pool hours, schedule and admission fees. We hope you will use this handbook as a guide and will offer suggestions for improving its usefulness.

Our goal is for swimming to become a lifetime recreational activity for your family. We want our community to develop the skills for water safety and the ability to swim for fun and fitness. If you have questions or concerns not addressed in this handbook, please contact me.

Our very customized learn to swim lesson program builds on components of various programs and academic literature such as: Aqua Quest- Canada, Austswim- Australia, Swim America- USA, Aquatic Readiness - Stephen Langendorfer, Lawrence D. Bruya, University of Rochester Boomer chronicles- William Boomer, Schwimmabzeichen- Germany, Total Immersion- Terry Laughlin, USA, Water Leaning- Susan J Groose- USA, American Alliance for Health, Physical Education, Recreation and Dance- USA, Star Fish Aquatics- USA, YMCA Aquatics- USA and the American Red Cross- USA as well as over 50 years of cumulative knowledge and experience among the staff at McCollum Pool.

The McCollum Park Pool Learn to swim program strives to incorporate as much of the available literature as possible to create a most unique program, specifically designed to be the most progressive Learn to Swim possible which includes our progressive Aqua Tot, Preschool and the Youth Learn to swim program.

I hope this booklet will serve you as a guide to our policies and programs.

Tony T – Recreation Supervisor  
425-388-6604

Note: Every effort is made to ensure that the information and fees in this handbook are accurate. However, changes and corrections do occur. Therefore, the provisions of this handbook are not to be construed as a contract between the student and Snohomish County Parks and Recreation. The department reserves the right to change any provision, fee, rule, requirement, policy, deadline, or procedure whenever necessary. Changes may apply not only to prospective participants, but also to those currently enrolled. Advance notification will be given to participants whenever possible.

## McCollum Park Pool Schedule Summer 2014

### Pool Hotline 425-357-6036

#### June 2 - 13

	Mon- Thur
Pool Rentals	11:00 – 3:00

#### June 16 - 20

	Mon- Fri
Open Swim	2:00 – 4:00
Swim Team Prep & Swim Lessons	5:00 – 7:15

#### June 21 – Aug 17

	Mon- Thur	Fri	Sat & Sun
Swim Team	6:40 – 8:40		
Swim Lessons & 1 lane lap swim*	8:50 – 12:15	8:50 – 12:15	Pool Rentals 10:00 – Noon
Open Swims	12:30 – 1:45 2:00 – 3:15 3:30 – 4:45	12:30 – 1:45 2:00 – 3:15 3:30 – 4:45	12:30 – 1:45 2:00 – 3:15 3:30 – 4:45
Swim lessons & 1 lane lap swim*	5:00 – 7:15	5:00 – 7:15	Pool Rental 5:00 – 6:00
Open Swim	Open Swim 7:30 – 8:45**	Pool Rentals 7:30 – 9:30	Open Swim 6:15 – 7:30 Pool Rentals 7:45 – 8:45

\*\*From Aug 7 through Aug 17, the weeknight 7:15pm open swim will end approx 15 min early due to shorter daylight hours.

#### Aug 18 – Aug 31

	Mon – Thur	Fri	Sat & Sun
Swim Lessons & 1 lane lap swim*	8:50 – 12:15	8:50 – 12:15	Pool Rentals 10:00 – Noon
Open Swim	12:30 – 1:45 2:00 – 3:15 3:30 – 4:45	12:30 – 1:45 2:00 – 3:15 3:30 – 4:45	12:30 – 1:45 2:00 – 3:15 3:30 – 4:45
Swim lessons & 1 lane Lap Swim*	5:00 – 6:40	5:00 – 6:40	Pool Rental 5:00 – 6:00
Open Swim & 1 lane Lap Swim*	Open Swim 7:00 – 8:15**	Pool Rental 7:00 – 7:45	Open Swim 6:15 – 7:30 Pool Rental 7:45 – 8:45

\*\*From Aug 25 through Aug 29, the weeknight 6:45pm open swim will end approx 15 min early due to shorter daylight hours.

#### Sept 1

	Monday
Pool Rentals	10:00 – Noon
Open Swim	12:15 – 3:45
Rentals	4:15 – 6:15

#### POOL RENTALS- Please Inquire

Reserve the McCollum Pool for your own private swim party or a shared rental. Pool Parties are very popular and we encourage you to reserve your party advance, subject to availability. All pool rules are in effect.

**1 hour rental** \$120      **2 hour rental** \$220

#### POOL PARTY DURING OPEN SWIM OPTION \$25

Turn any open swim into a Party by reserving our new covered 20' X 20' Sun Shade providing your group a private party area. Priority entrance, tables and seating for upto 20 people. Advanced Reservations Required.

## Fees

**Single Admission \$4.00**  
Two years and under **Free**

**10-Visit Discount Ticket \$30.00**

\*Lap Swim Admission via 10-visit ticket or season pass only

**Individual Season Pass \$45.00**

Unlimited admission for one person named on pass.

**Household Season Pass \$120.00**

Admission for two named adults and their named dependent children and/or grandchildren, age 17 and under.

Children less than 48 inches in height must be accompanied by an adult in the water at all times.

#### PRESCHOOL ZONE

The shallow end of the pool is designated as the PRESCHOOL Zone and is for children under 48 inches in height while accompanied by an Adult (18 years and over).

#### OPEN SWIM

For all ages. Admission may be purchased approx. 15 minutes prior to the start of each open swim session. The pool and deck is cleared between each open swim and your cooperation is appreciated. Deck Chairs and Sun Shade area open first come first served unless reserved in advance.

#### Swim Test

Each child is given a swim test using a front crawl stroke with breathing to the side before they can enter water deeper than chest depth. The test demonstrates the child's swimming ability and also determines the endurance level of the child. If a child who has passed the test is seen in the deep end "dog paddling" or struggling to get to the side, they will be asked to return to the shallow end.

#### SPECIAL EVENT DATES THAT WILL AFFECT THE REGULAR POOL SCHEDULE

##### 4<sup>th</sup> of July Open Swim Schedule

Fri, July 4      Noon – 2:30  
2:30 – 5:00

##### Free Open Swim & Lifeguard Exhibition

Sat, July 26      12:30pm – 2:30pm

##### National Night Out Free Open Swim

Tue, Aug 5      7:15 – 9:00pm

##### Hawaiian Luau Specialized Recreation Event

Sat, Aug 9      6:00pm – 9:00pm

##### Youth Triathlon

Sat, Aug 23      9:00am – Noon

##### Early Pool Closure Dates and Times

Sat, Aug 9      Pool Closes at 5:30pm  
Sun, Aug 17      Pool Closes at 5:30pm

**Unscheduled facility closures can occur with limited notice.**

## **POOL RULE HIGHLIGHTS**

### **Be safe and make your visit enjoyable!**

The following pool rules will be enforced at all times. Everyone is expected to behave accordingly in order to maintain a safe and enjoyable environment for all swimmers.

- Please walk in the facility; the surface can be slippery when wet
- A shower is required before entering the pool
- Children less than 48 inches in height must be accompanied into the water by an adult 18 years or older. A child less than 48 inches in height may be admitted without an adult if he/she can pass the swim test administered by a lifeguard
- Children 10 years and under require adult supervision within the facility and may not be left unattended in the facility
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatable's larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatable's and other items
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening
- Please do not enter the water if you are feeling ill or have any open sores or communicable disease
- Sunbathers or swimmers may not use suntan oils. The use of sunscreen is encouraged; however, patrons should apply sunscreen at home AND must shower before entering the water
- Everyone must pass the swim test before entering deep water. Weak or non-swimmers must remain in shallow water no deeper than chest deep
- Non swimmers must stay in shallow water (chest deep) unless they are with a parent in the water, which is no more than chest deep on the parent
- Diving in water less than nine feet deep, back dives or summersaults from the side of the pool is not permitted
- Spitting, spouting or nose blowing in the pool is strictly prohibited
- Sports bottles filled with water are acceptable on the pool deck
- Gum, glass or tobacco products are not allowed in the facility

### **Swim Test, Did You Know?**

McCollum Lifeguards ask swimmers to demonstrate a strong crawl stroke using side breathing in order to enter water deeper than his or her chest depth. The test determines swimming ability and endurance level. A swimmer who tires easily may become panicky, even though he/she may have some basic swimming skills. If a guest who has passed the test is seen in deep water "dog paddling" or struggling to get to the poolside, the lifeguards will ask the guest to return to the shallow end. We have established the requirement concerning minimum skill and endurance levels for entering deep water as part of our water safety education program to reduce the approximate 1,500 accidental deaths due to drowning across the United States each year.

### **Please Help Keep Your Pool Open!**

Did you know that if the pool is contaminated with fecal matter, the pool could be closed for 24 hours? Please follow these safety precautions to help us ensure that your experience at the pool is both fun and safe for the entire community and to reduce the risk of pool closures.

- Don't change your child's diapers at the side of the pool. Please use the restroom facilities and properly dispose any soiled diapers
- Don't allow your child to swim in the pool if they are suffering from an illness that causes diarrhea or has had diarrhea in the past two weeks
- Have your child use the restroom and shower before entering the pool
- Take young children to the bathroom often to minimize accidents
- Do not rinse hands in the pool after making a trip to the bathroom or changing a child's diaper. Wash hands by using soap and warm water and rubbing them together for at least 20 seconds
- Abide by our "no street shoes on the pool deck rule". Dirt and other debris can be tracked into the pool area on your shoes!

### **Learn to Swim Program Overview**

In Washington, drowning is one of the five leading causes of accidental death in children under 17 years of age. Our proximity to area beaches as well as private pools and spas underlines the need for community based water safety education and quality swimming instruction.

The Snohomish County Aquatic Service Learn to Swim Program is designed to teach water safety and swimming skills to toddlers, children, and adults in a safe, positive and happy environment at an affordable price.

With an emphasis on safety, fun and learning, we offer 10+ weeks of swim lessons, which emphasize logical skill progression, water safety awareness, and endurance. Students are assessed on their individual ability, and will be promoted to the next level when they have completed the necessary skill requirements.

We are proud of our program and we are confident you will find it to be the finest Learn to Swim Programs in the county.

## The McCollum Pool Learn to Swim Program Philosophy

**Program Objective #1:**  
**SAFETY!** This is always first

**Program Objective #2:**  
**FUN!** Provide a positive experience at the pool for each student

**Program Objective #3:**  
**LEARNING!** Teach the students swimming skills in a sound and logical program

Making the class **SAFE**, positive and fun is more important to us than actually teaching swimming skills. This is because people must enjoy coming here to learn and return. The best way to accomplish these objectives is by making games out of the skills and by just being a little crazy! Our hope is for students to enjoy the water as they learn key skills in a safe environment.

Our highly trained instructors maintain effective class organization and conduct classes in a safe environment. Low student to instructor ratios, age and skill appropriate levels, depth of the water and space are examples of how this program excels.

Making all of our lessons **FUN** for the participants is our second objective. Swimming should be fun. We want the students to continue coming to us until they have reached a proficient level of swimming, if student's want to come back because they enjoy their lessons that makes this much easier. Making lessons fun also makes it easier for the student's to learn especially the pre-schoolers. If you just tell a pre-schooler to put their face in the water you will not have as many successes as if you encapsulate each skill within an image, game, song or rhyme.

Our third objective, **LEARNING**, is our end goal and cannot be achieved without safety and fun. Key elements of learning include the following eight categories:

- appropriate review of skills
- skill practice and method appropriate to level of students and completion requirements
- balanced group and individual practice time
- effective lesson planning
- individual attention to students
- positive and constructive feedback
- effective demonstrations
- variety and creativity within the lesson and skills being taught

### The Role of the Parent to Support the Learn to Swim Experience

The following list provides suggestions to help make your child's lessons the best experience for both of you. We ask parents, guardians and caretakers to consider the following points:

- Observe all pool rules and regulations. Please familiarize yourself and your child with posted pool rules
- Praise even the slightest progress
- De-emphasize passing/failing
- Please avoid going to the waters edges, talk to, or discipline your child during lessons. If you think your child is misbehaving let the instructor handle the situation. Do any disciplining you think is necessary after lessons, but if all possible, go easy and be positive. Splashing water is not a major offense during swimming lessons
- Please keep street shoes at least 6 feet from the edge of the pool. The rule prohibiting shoes on the pool deck is a state health law ensuring the deck is kept clean for bare feet and reducing contaminants, which could be introduced to the pool
- We ask that children in Pre-school 1, 2 and Youth Level 1 lessons do not wear goggles. At these levels, an important part of their progress is learning to submerge comfortably without any aids
- Please have your child take a thorough shower before his/her lessons. Eye irritation in the pool results when ammonia on the skin comes in contact with the chemicals we use to keep our pool clean and bacteria free. Showering helps reduce this reaction and prevents eye irritation
- If your child becomes cold during lessons, a T-shirt (synthetic fiber or wool, not cotton) may help to keep him/her warm
- We encourage you to take your child swimming and practice the skills they are learning during lessons
- Teach your children appropriate places to go potty and, especially not to drink pool water. Also, children and adults who have had diarrhea in the prior two weeks should not go swimming.

### Swim Lesson Policies

#### Things to Know before You Go!

- If your child is ill, severely sunburned, has an eye infection or open wounds, or has diarrhea, s/he will not be allowed in the water
- Gum and candy must be thrown out prior to the start of class
- Boy's swimsuits must be trunks above the knee. No cut-offs
- Incontinent children must wear swim diapers
- Classes will be taught regardless of the weather (except for lightning)
- There are no make-up lessons
- Prior to your first lesson, we recommend visiting the pool to become acquainted with the changing rooms and pool area

### Before class begins

To create a happy and successful swim lesson experience, please ensure the following:

- On your first day of class arrive early and know the time and level of your lessons. There are signs around the pool deck for each level. Stand by the sign for your class and the instructor will come and get you when the lesson starts
- Children need to arrive on time to class. Being late not only holds up the rest of the class, but also limits important pool time for your own child
- Be sure your child has gone to the restroom prior to class. Once class begins, parents will be responsible for taking their child to the restroom. Remember, this limits water time and certain "Accidents" require prolonged pool closures and program cancellations
- Apply sunscreen to your child **before** leaving home. Don't forget ears and tops of hands and feet!
- Long hair should be tied back, so it won't get in your child's face

### Watching Your Child Learn

Parents must remain in the facility's designated viewing area. Although this may seem overly restrictive, it is necessary for the classes to run smoothly and safely. In addition, in order to comply with State Health Codes, street shoes must remain in the viewing areas. Also, it may take the instructor several classes to obtain trust and respect of the students. This is a good time for children to gain independence and experience in a class situation.

### Parent Participation Day

On a specific day during each session, parents are welcome to join their children in the water during class. We call this Parent Participation Day. Although your participation is not required, doing so helps parents learn up-close the skills their child is developing and ways to assist them outside of class time.

### Practicing at Home

A great way to enhance your child's swim lesson experience is by practicing at home. (You don't even need a pool to do this!)

- If this is your child's first experience with swim lessons, talk about how fun lessons will be, how they will meet new friends, and about how important it is to be a good listener
- After the swim lesson, ask your child about the skills they learned
- For younger swimmers (AquaTots, Preschoolers), practice blowing bubbles in the bathtub, wash their face with a washcloth, or slowly pour water over their heads. These fun exercises aid in the development of being comfortable with getting water on the nose, eyes and ears, as well as future swimming experiences
- Sing the songs learned in class during bath time or in the car on the way to lessons
- Remind your child why learning how to swim is important

### Student Skill Progression

To make instruction more effective, we group students into swimming levels with others of similar age and ability. Students' progress through these levels at different speeds depending on several factors such as their age and physical coordination. Repeating a swim level is not unusual. When students can comfortably and confidently perform all of the skills for the required distance or time, using the required technique, they will progress to the next level. Progression certificates are distributed towards the end of each session to inform you of what progress your child has made and what level he/she should enroll in for the next session.

### Communications Needs

5-minute intermissions are scheduled between each class. We encourage you to use this time to speak with your instructor regarding student progress. If you would like additional time, we request that you leave your name and phone number at the pool office and your instructor will call you as soon as he/she is available. If after speaking to your instructor you require additional information you are encouraged to speak directly with the lesson coordinator- they can be found on deck.

If you feel you or your child is not performing to his/her capability, please notify the instructor. We need your assistance with personality traits that may be inhibiting the child's lesson performance. The same holds true for discipline. If there is a method that works effectively for you with your child, and the instructor is not having success with the child, the instructor would welcome your input.

Teaching swim lessons is mainly repetition of skills. We often do the same things each day, because this is the best way for students to learn. To a spectator sitting in the background, this may seem boring, but to the student it is security and familiarity with the basic learning process.

In swim lessons we de-emphasize passing or failing a class. No student fails a swim class; they all improve!

Instructor comment cards are available in the pool office. We encourage you to fill these out for each instructor and let us know what you think of the lesson.

## Swim Lesson Levels and Program Details

### Two Week Sessions

#### Aqua Tot

Levels I and II  
Ages 9 months – 42 months  
Min 5 Students  
Max 10 Students

#### Preschool

Levels I – IV  
Ages 3 – 5 years, 11 months  
Min 3 Students  
Max 4 Students

#### Youth

Levels I – VI  
Ages 6 – 17 years  
Min 3 Students  
Max 6 Students

#### Adult

Levels I – III  
Ages 18 and up  
Min 3 Students  
Max 6 Students

#### Monday – Friday Lessons – Two Week Sessions

Session 1:	June 23 – July 3	Nine – 30 min lessons	\$57	(No Class July 4)
Session 2:	July 7 – July 18	Ten – 30 min lessons	\$64	
Session 3:	July 21 – Aug 1	Ten – 30 min lessons	\$64	
Session 4:	Aug 4 – Aug 15	Ten – 30 min lessons	\$64	
Session 5:	Aug 18 – Aug 29	Ten – 30 min lessons	\$64	

### One Week Sessions

#### Preschool Level 1

Ages 3 – 5 years, 11 months  
Min 2  
Max 3

#### Preschool Levels 2 – 4

Ages 3 – 5 years, 11 months  
Min 2  
Max 4

#### Youth Level 1

Ages 6 – 17 years  
Min 2  
Max 3

#### Youth Levels 2 - 5

Ages 6 – 17 years  
Min 2  
Max 5

#### Monday – Friday Lessons – One Week Sessions

Session 1:	June 16 – June 20	Five – 30 min lessons	\$40
Session 2:	June 23 – June 27	Five – 30 min lessons	\$40
Session 3:	July 7 – July 11	Five – 30 min lessons	\$40
Session 4:	July 14 – July 18	Five – 30 min lessons	\$40
Session 5:	July 21 – July 25	Five – 30 min lessons	\$40
Session 6:	July 28 – Aug 1	Five – 30 min lessons	\$40
Session 7:	Aug 4 – Aug 8	Five – 30 min lessons	\$40
Session 8:	Aug 11 – Aug 15	Five – 30 min lessons	\$40
Session 9:	Aug 18 – Aug 22	Five – 30 min lessons	\$40
Session 10:	Aug 25 – Aug 29	Five – 30 min lessons	\$40

#### Swim Lesson Registration (How to Register)

To choose the correct swim level [class] for your child:

##### #1 Review the skills and minimum age requirements for each level.

The skills listed are the skills each class will work on, so be sure the student can perform all the skills in the preceding level.

##### #2 Choose the session dates and time for the appropriate skill level.

##### #3 Use the registration course code [number] listed to register for your class.

##### #4 Visit [www.snocoparks.org](http://www.snocoparks.org) and click on **Programs and Events > Register Now**

- Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If a student is sick the first few days of a class, they are encouraged to take the remaining days
- Students registered for a level (class) which they are not qualified (i.e. the level is too hard or too easy) will be placed in the correct level only if there is a vacancy. If there is no vacancy, your money will be refunded
- Please read the class descriptions carefully to insure your child is enrolled in the correct class. It is your responsibility to ensure that the student is registered into the proper level based on his/her ability with a minimum of 14 days' notice to the start of the session
- If a student graduates into a level different than they are registered for please stop by the front desk ASAP. We will make every effort to accommodate a transfer, subject to availability
- Students will progress through levels at different speeds depending on several factors such as: age, physical coordination and the number of lessons in each session
- If you choose to register for multiple sessions at the start of the summer season we strongly recommend that you do not register for higher levels session to session. It is better to register students into the same level for two or more sessions and then the next level up for two or more sessions



### **Class Cancellations and Refunds**

Classes listed on the schedule may be canceled if there is no or low enrollment after Pre-Registration. This will be done to increase enrollment ability in the levels that are more popular at that particular time. Classes that have low enrollment on the first day may be combined with another level. If a class you have enrolled into has to be canceled for some reason by the Recreation and Parks Department, you will be given a full refund or credit for that class. If a class is canceled due to low enrollment, you will be given the option to switch to another time. We will call all participants as soon as possible regarding a class cancellation.

### **Class Combinations**

At times it may be necessary for us to combine levels to avoid canceling a class due to low enrollment. Classes will be combined so that there is no more than one level difference between students. The instructors will modify their lesson plans to accommodate the different levels and will make sure to evaluate the student based on his/her level at the start of class. If you feel a student is not being instructed properly in a combined class, please talk to the lesson coordinator to see about the possibility of switching classes or times to accommodate the student's abilities.

### **Credit/Refund Policy**

- If you cancel your enrollment at least 14 days in advance of the first class meeting, you will receive a refund/credit for the class fee less a \$10.00 administrative fee. **Note:** The online registration convenience fee is Non-Refundable
- Requests for refunds less than 13 days in advance and 24 hours prior to the first class meeting may be eligible for a 50% refund/credit
- No Refunds or credits will be issued on or after the first day of class
- We cannot give refunds for less than \$10.50
- Student's registered for a level [class] which they are not qualified for will be placed in the correct level only if there is a vacancy. If there is no vacancy, your money will be refunded. [Excluding administrative fee and online convenience fee.]

CREDITS WILL NOT BE ISSUED FOR CLASSES A STUDENT WILL MISS DUE TO VACATION OR OVERLAP WITH ANOTHER PROGRAM.

## General Level Descriptions

### **Adult Swim Lessons 18 years and up Min 3 - Max 6 students per Instructor**

Learning to swim isn't just for kids. For some Adult Swim Lessons fulfills a lifelong goal, for others it is about Fitness and for others it's about enjoying what makes up 70% of the earth's surface- WATER! with friends and family. To help everyone achieve their goals, chose from one of three levels designed specifically for you. Adult Lessons are truly for Adults only and are scheduled when only those 18 years and older are permitted in the facility.

#### **BENEFITS OF SWIMMING**

- Improves posture, flexibility, muscular endurance, strength and balance
- Stimulates circulation and promotes proper breathing
- Creates muscle tone
- Rehabilitates under-used or healing muscles (aquatic therapy)
- Helps to combat the aging process
- Its low impact... the water makes the body almost weightless, greatly diminishing the impact on joints
- Great cardiovascular workout (swimming has a calorie-burning potential of 350-420 calories per hour)
- Uses almost all the major muscle groups, and places a vigorous demand on your heart and lungs

#### **Adult Beginner – Level 1**

This class is designed to introduce the inexperienced or fearful adult to the water. The objective of this course is to help students to feel and become more comfortable in the water and enjoy the water safely. Students will learn how to enter and exit the pool safely, blow bubbles, breath control, rhythmic breathing and change of direction. They will experience buoyancy and loss of support with comfort. As they build their confidence, students will learn proper kicking and body position on both front and back with proper flutter kick. They will learn how to travel through the water using Front Crawl, Back Crawl, Elementary Backstroke, and basic safety skills are covered.

#### **Adult Intermediate – Level 2**

Swimming for Health. Learn the benefits of swimming as exercise, perfect swim strokes for recreational swimmers or just feel comfortable swimming lengths in the pool. For learners with some swim ability this level develops confidence and endurance to master Freestyle and Backstroke. Students are introduced to Breaststroke, Sidestroke and Butterfly. Treading water and recovery to a swimming position is mastered. Basic flip turns and turning at the wall are introduced.

#### **Adult Advanced – Level 3**

Learn the benefits of swimming as exercise and develop workout plans with your instructor. This class is designed to give adult learners the option to design their own goals with the help of a qualified instructor. The focus of this level is to work on proper timing, technique and stroke refinement in order to achieve more ease, efficiency, power and endurance. Further coordination of the basic strokes is emphasized so that the student can swim smoothly over longer distances. More advanced turns at the wall, and safety skills are mastered.

### **Aqua Tots 9 months – 48 months Min 5 - Max 10 students per Instructor**

Aqua Tots is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing very basic skills, and teaches parent/caregivers how to ensure safety at all times. Aqua Tots is a two-part program for young children and their parents/caregivers. Children as young as 9 months are able to start the program. Children stay with the program until they are ready to move up to Preschool Lessons, sometime after they reach three or four years of age. Aqua Tots is about learning together in the water while you play and have fun. It's about helping your child feel comfortable in the water while promoting water safety. It's about building confidence in the water through encouragement, exploration and support.

#### **A PROVEN APPROACH!**

- Aqua Tots helps prevent injuries. It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response
- Stay safe during activity in or near the water, by properly supporting and supervising your child
- Survive if something goes wrong, by knowing how to perform a rescue and get help

#### **Aqua Tots I** Ages 9 to 24 months

Aqua Tots I encourages children and parents to become comfortable and safe in the water. Primary objectives include: Child initiated pouring of water on his or her face, head and body. Blowing bubbles at the surface. Assisted front and back floats with rolling over. Assisted glides through the water, basic arm and/or leg movements.

#### **Aqua Tots II** Ages 20 to 48 months

Aqua Tots II encourages children and parents to become more water safe while increasing readiness skills. Primary objectives include: Student initiated movement above and under water, rhythmic breathing, front and back floats and glides, kicking while on front and back, front and back glides with kick, changing direction and rudimentary front swim.

## Preschool Swim Lessons

### Ages 3 to under 6 years

#### Min 3 - Max 4 students per Instructor

Preschool group water adjustment and swim lessons are designed for children 3 to under 6 years of age without the assistance of their parent's. The first two preschool levels are primarily taught in water ranging from 6" to 2.5 feet. The shallow water provides a comfortable and friendly learning environment in which you children can move around independently. In addition, we offer gender specific Pre-School One Classes. If your child would benefit from participating in a boys or girls only environment, this option is available. Beginning at Preschool Three, students are gradually introduced to more complex skills in the shallow end of the main pool.

With four levels of preschool classes, careful review of the primary learning objectives is very important prior to registration. By doing so, you will increase the likelihood of placing your child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class.

If your child is between the ages of 3 and 4 years and you feel they may still benefit from parent/caregiver assistance, we recommend Aqua Tots prior to entering the Preschool Program.

Student Learning Objectives		Exit Skills Assessment
<b>Preschool Level 1:</b>	<b>Upon successful completion of Preschool Level 1, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Blow Bubbles with full face in water</li> <li><input type="checkbox"/> Perform 3 Bobs without plugging nose</li> <li><input type="checkbox"/> Float on Front with Support</li> <li><input type="checkbox"/> Float on Back with Support</li> <li><input type="checkbox"/> Kick on Front with Support</li> <li><input type="checkbox"/> Kick on Back with Support</li> <li><input type="checkbox"/> Move Alternating Arms on Front with Support</li> <li><input type="checkbox"/> Understand Basic Safety Skills</li> </ul>	<ol style="list-style-type: none"> <li>1. Enter independently, using either the ladder, steps or side, walk at least 3 yards, bob 3 times then safely exit the water.</li> <li>2. Demonstrate basic readiness skills to comfortably and consistently demonstrate learning objectives with the swimming teacher.</li> </ol>
<b>Preschool Level 2:</b>	<b>Upon successful completion of Preschool Level 2, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Perform 5 bobs while exhaling through the nose</li> <li><input type="checkbox"/> Retrieve Object from 2.5 ft with Eyes Open</li> <li><input type="checkbox"/> Float on Front independently for 3 seconds</li> <li><input type="checkbox"/> Float on Back independently for 3 seconds</li> <li><input type="checkbox"/> With Flotation, Glide on Front and Kick 3 yards</li> <li><input type="checkbox"/> With flotation, Glide on Back and Kick 3 yard</li> <li><input type="checkbox"/> With Support, demonstrate Front Crawl</li> <li><input type="checkbox"/> Understand basic safety skills</li> </ul>	<ol style="list-style-type: none"> <li>1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, retrieve a submerged object then safely exit the water.</li> <li>2. Float on front for 3 seconds, roll to a back float position, float motionless at surface for 3 seconds and recover to a vertical position.</li> <li>3. Float on back for 3 seconds, roll to a face float position, float motionless at surface for 3 seconds and recover to a vertical position.</li> </ol>
<b>Preschool Level 3:</b>	<b>Upon successful completion of Preschool Level 3, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Perform 8 bob while exhaling through the nose</li> <li><input type="checkbox"/> Float on front 6 Seconds (Start, Float, Stand-Alone)</li> <li><input type="checkbox"/> Float on back 6 Seconds (Start, Float, Stand-Alone)</li> <li><input type="checkbox"/> Demonstrate rhythmic breathing with support</li> <li><input type="checkbox"/> Demonstrate basic Elementary Backstroke 3 yards</li> <li><input type="checkbox"/> Perform a front Glide with Kick 5 yards</li> <li><input type="checkbox"/> Perform back Kick and Fin 5 yards</li> <li><input type="checkbox"/> Demonstrate alternating Arms on Back w/support 3 yards</li> <li><input type="checkbox"/> Jump into head depth water and bob to Safety</li> <li><input type="checkbox"/> Understand safety skills</li> </ul>	<ol style="list-style-type: none"> <li>1. Glide on front at least 3 body lengths, roll to back, float on back for 6 seconds then recover to a vertical position.</li> <li>2. Glide on back for at least 3 body lengths, roll to front, float on front for 6 seconds then recover to a vertical position.</li> <li>3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 6 seconds, roll to front then continue swimming on front for 3 additional body lengths.</li> </ol>
<b>Preschool Level 4:</b>	<b>Upon successful completion of Preschool Level 4, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Perform 12 bobs while exhaling through the nose</li> <li><input type="checkbox"/> Perform basic Rhythmic Breathing with Kick</li> <li><input type="checkbox"/> Perform basic Back Crawl 5 yards</li> <li><input type="checkbox"/> Perform basic Elementary Backstroke 5 yards</li> <li><input type="checkbox"/> Perform basic Crawl Stroke 5 yards</li> <li><input type="checkbox"/> Tread Water 15 seconds using arm and leg actions</li> <li><input type="checkbox"/> Jump into water and recover to wall</li> <li><input type="checkbox"/> Learn how to stay safe, including recognizing an emergency and knowing how to call for help</li> <li><input type="checkbox"/> Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety</li> </ul>	<ol style="list-style-type: none"> <li>1. Push off and swim using combined arms and leg actions on front with rhythmic side breathing for 5 yards, roll onto back, and float for 15 seconds, roll to front then continue swimming for 5 yards.</li> <li>2. Jump into 4ft of water, tread water 15 seconds then swim 5 yards elementary backstroke.</li> </ol>

## Youth Swim Lessons

### Ages 6 to 17 years

#### Min 3 - Max 6 students per Instructor

Students can progress through six levels of swimming and safety skills. When students can comfortably and confidently perform all of the skills and meet the required benchmarks for technique, skill and distance, they can progress to the next level. A word of caution: Many parents and caretakers make the common mistake, thinking that once their child has gained the ability to swim a width of the pool that the child is indeed a competent swimmer, which IS NOT the case! ***Surprisingly, less than 25% of 5<sup>th</sup> grade students in Snohomish County have swimming skills at Youth Level 4 or higher.***

We encourage everyone to work through Level 6. Developing strong swimming skills and independent water safety occurs in the higher Youth Levels.

Student Learning Objectives		Exit Skills Assessment
<b>Youth Level 1:</b> *Max 5	<b>Upon successful completion of Level 1, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Enter and exit independently from chest deep water using ladder, steps or poolside</li> <li><input type="checkbox"/> Use arm and leg motions to float for 3 seconds on front and back with support.</li> <li><input type="checkbox"/> Move around, change position, and direction in chest deep water</li> <li><input type="checkbox"/> Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water</li> <li><input type="checkbox"/> Demonstrate basic water safety rules, use of lifejacket, and summoning help</li> </ul>	<ol style="list-style-type: none"> <li>1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water</li> <li>2. Glide on front at least 3 yards, roll to a back float for 3 seconds and recover to a vertical position</li> </ol>
<b>Youth Level 2:</b>	<b>Upon successful completion of Level 2, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times</li> <li><input type="checkbox"/> Float and glide on front and back unsupported for 5 seconds and change position</li> <li><input type="checkbox"/> Explore alternating and simultaneous leg kicking and arm pulling motions</li> <li><input type="checkbox"/> Perform rudimentary front and back strokes- 5 yards</li> <li><input type="checkbox"/> Explore basic reaching rescues and water safety skills</li> </ul>	<ol style="list-style-type: none"> <li>1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, flat for 5 seconds then return to a vertical position</li> <li>2. Push off and swim using combined arm and leg actions on front for 5 yards, roll back, and float for 15 seconds, roll to front then continue swimming for 5 yards</li> <li>3. Move into a back float for 5 seconds, roll to front then recover to a vertical position</li> </ol>
<b>Youth Level 3:</b>	<b>Upon successful completion of Level 3, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Explore rudimentary beginner, elementary backstroke, front crawl and backstroke- 15 yards</li> <li><input type="checkbox"/> Explore rudimentary breaststroke</li> <li><input type="checkbox"/> Demonstrate feet first and rudimentary diving entries into deep water</li> <li><input type="checkbox"/> Explore treading water 30 sec and reverse direction of travel</li> <li><input type="checkbox"/> Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules</li> </ul>	<ol style="list-style-type: none"> <li>1. Jump into water from the side, swim front crawl for 15 yards, maintain position by trading or floating for 30 seconds and swim elementary backstroke for 15 yards</li> </ol>
<b>Youth Level 4:</b>	<b>Upon successful completion of Level 4, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Perform intermediate level; front crawl, back crawl, elementary backstroke and breaststroke- 25 yards</li> <li><input type="checkbox"/> Perform rudimentary sidestroke and butterfly- 10 yards</li> <li><input type="checkbox"/> Perform survival float and tread water in deep water- 2 min</li> <li><input type="checkbox"/> Identify safe diving rules</li> <li><input type="checkbox"/> Perform rescue breathing and obstructed airway procedures</li> </ul>	<ol style="list-style-type: none"> <li>1. Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards</li> <li>2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards</li> </ol>
<b>Youth Level 5:</b>	<b>Upon successful completion of Level 5, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Refine efficient and effective; front crawl, back crawl and breaststroke- 50 yards</li> <li><input type="checkbox"/> Refine efficient and effective sidestroke, elementary backstroke and butterfly- 25 yards</li> <li><input type="checkbox"/> Refine survival swimming 2 min, treading water 3 min, and underwater swimming- 5 to 10 yards</li> <li><input type="checkbox"/> Describe diving board safety rules</li> <li><input type="checkbox"/> Identify symptoms of Spinal Injury and show inline stabilization techniques</li> </ul>	<ol style="list-style-type: none"> <li>1. Perform a shallow-dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards</li> <li>2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards</li> </ol>
<b>Youth Level 6:</b>	<b>Upon successful completion of Level 6, the learner will be able to:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Demonstrate proficiency in; front crawl, back crawl and breaststroke 100 yards with turns</li> <li><input type="checkbox"/> Demonstrate proficiency in; sidestroke and butterfly 50 yards</li> <li><input type="checkbox"/> Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke 25 yards</li> <li><input type="checkbox"/> Describe diving board safety rules</li> </ul>	<ol style="list-style-type: none"> <li>1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke</li> <li>2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes</li> <li>3. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7 – 10 feet, return to surface and return to starting point</li> </ol>

### Registration Course Codes

## Two Week Session / Five Days per Week

<b>June 23 – July 3</b>	<b>Nine, 30 Min Lessons</b>	<b>Mon – Fri</b>	<b>\$57</b>	<b>(No Class 7/4)</b>
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[illegible]

July 7 – July 18	Ten, 30 Min Lessons	Mon – Fri	\$64
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[illegible]

### Registration Course Codes

## Two Week Session / Five Days per Week

**July 21 – Aug 1**

## Ten, 30 Min Lessons

**Mon – Fri**

**\$64**

[illegible]

**Aug 4 – Aug 15**

## Ten, 30 Min Lessons

**Mon – Fri**

**\$64**

[illegible]



**Registration Course Codes****One Week Session / Five Days per Week****June 16 – June 20      Five, 30 Min Lessons      Mon – Fri      \$40**

CLASS	5:00	5:35	6:10	6:45
PRESCHOOL 1	4567		4568	
PRESCHOOL 2/3	4569	5007		4570
PRESCHOOL 3/4		4571		4572
YOUTH 1	4573	4574	4575	4576
YOUTH 2/3	4579	4580	4581	4582
YOUTH 3/4			4583	

**June 23 – June 27      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10	6:45
PRESCHOOL 1	4584	4585		4586	4587	4588	4589	4590	4591
PRESCHOOL 2/3	4592		4593		4594	4595	4596		4597
PRESCHOOL 3/4		4599		4600			4604		4605
YOUTH 1	4608		4610		4611	4612	4614	4616	4617
YOUTH 2/3		4619	4620	4622		4623	4624	4625	4646
YOUTH 3/4	4627		4629		4630			4631	
YOUTH 4/5		4632		4633		4634		4635	

**July 7 – July 11      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	8:50	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10	6:45
PRESCHOOL 1	4638	4639	4640		4641	4642	4643	4644	4645	4646
PRESCHOOL 2/3		4647		4648		4649	4650	4651		4652
PRESCHOOL 3/4	4653		4654		4655			4656		4657
YOUTH 1		4658		4659	4660		4667	4668	4669	4670
YOUTH 2/3	4671	4672	4673	4674		4675	4676	4677	4678	4679
YOUTH 3/4		4680		4681	4682				4683	
YOUTH 4/5	4684		4685			4686	4687		4688	



**July 14 – July 18      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	8:50	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10	6:45
PRESCHOOL 1	4689	4690	4691		4692	4693	4694	4695	4696	4697
PRESCHOOL 2/3		4698		4699		4700	4701	4702		4703
PRESCHOOL 3/4	4704		4705		4706			4707		4708
YOUTH 1		4709		4710		4711	4712	4713	4714	4715
YOUTH 2/3	4716		4717	4718	4719		4720	4721	4722	4723
YOUTH 3/4		4724		2736		4726			2727	
YOUTH 4/5	2728		2729		2730		2731		4732	

**July 21 – July 25      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	8:50	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10	6:45
PRESCHOOL 1	4733	4734	4735		4736	4737	4738	4739	4740	4741
PRESCHOOL 2/3		4742		4743		4744	4745	4746		4747
PRESCHOOL 3/4	4748		4749		4750			4751		4752
YOUTH 1		4753		4754	4755		4756	4757	4758	4759
YOUTH 2/3	4760		4761	4762		4763	4764	4765	4766	4767
YOUTH 3/4		4768		4768	4770				4772	
YOUTH 4/5	4783		4784			4785	4786		4787	

**July 28 – Aug 1      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	8:50	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10	6:45
PRESCHOOL 1	4788	4789	4790		4791	4792	4793	4794	4795	4796
PRESCHOOL 2/3		4797		4798		4799	4800	4801		4802
PRESCHOOL 3/4	4803		4804		4805			4806		4807
YOUTH 1		4808		4809	4810		4811	4812	4813	4814
YOUTH 2/3	4815		4816	4817		4818	4819	4820	4821	4822
YOUTH 3/4		4823		4824	4825				4826	
YOUTH 4/5	4827		4828			4829	4830		4831	

**Aug 4 – Aug 8      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	8:50	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10	6:45
PRESCHOOL 1	4832	4833	4834		4835	4836	4837	4838	4839	4840
PRESCHOOL 2/3		4841		4842		4843	4844	4845		4846
PRESCHOOL 3/4	4847		4848		4849			4850		4851
YOUTH 1		4852		4853		4854	4855	4856	4857	4858
YOUTH 2/3	4859		4868	4861	4862		4863	4864	4865	4866
YOUTH 3/4		4867		4868		4869			4870	
YOUTH 4/5	4871		4872		4873		4874		4875	

**Aug 11 – Aug 15      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	8:50	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10	6:45
PRESCHOOL 1	4876	4877	4878		4879	4880	4881	4882	4883	4884
PRESCHOOL 2/3		4885		4886		4887	4888	4889		4890
PRESCHOOL 3/4	4891		4892		4893			4894		4895
YOUTH 1		4896	4897			4899	4900	4901	4902	
YOUTH 2/3	4903		4904	4905	4906		4907	4908	4909	4910
YOUTH 3/4		4911		4912		4913			4914	
YOUTH 4/5	4915		4916		4917		4918		4919	

**Aug 18 – Aug 22      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	8:50	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10
PRESCHOOL 1	4920	4921	4922		4923	4924	4925	4926	4927
PRESCHOOL 2/3		4928		4929		4930	4931	4932	
PRESCHOOL 3/4	4934		4935		4936			4937	
YOUTH 1		4938		4939		4940	4941	4942	4943
YOUTH 2/3	4944		4945	4946	4947		4948	4949	4950
YOUTH 3/4		4951		4952		4953			4954
YOUTH 4/5	4955		4956		4957		4958		4959

**Aug 25 – Aug 29      Five, 30 min lessons      Mon – Fri      \$40**

CLASS	8:50	9:25	10:00	10:35	11:10	11:45	5:00	5:35	6:10
PRESCHOOL 1	4960	4961	4962		4964	4965	4966	4967	4968
PRESCHOOL 2/3		4969		4970		4971	4972	4973	
PRESCHOOL 3/4	4974		4975		4976			4977	
YOUTH 1		4978		4979		4980	4981	4982	4983
YOUTH 2/3	4984		4985	4986	4987		4988	4989	4990
YOUTH 3/4		4991		4992		4993			4994
YOUTH 4/5	4995		4996		4997		4998		4999

### Private / Semi-Private Lessons

- One on one instruction with highly motivated, friendly instructors providing close personal attention to detail. Please share your swimming goals. We are here to help! Private instruction is ideal for:
- The beginner who would like assistance with water orientation before registering for one of our programs
- Those who are having difficulty with a particular stroke/technique – emphasis can be placed on your needs
- Those working to overcome water phobia
- Special Needs

Private / Semi-Private lessons are scheduled according to pool and instructor availability and on a limited basis.

Registration for private and swim private lessons begins June 23 at the McCollum Pool.

1 student : 1 Instructor	Private Lesson	\$18.00 per 30 min class
2 students : 1 Instructor	Semi-Private lesson	\$22.00 per 30 min class

### McCollum Frogs Swim Team & Craze Summer Swim League

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers between the ages of 6 to 18\*. Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Lynnwood, Mountlake Terrace and Everett.

Practice occurs four day per week (Monday – Thursday) with meets occurring on Fridays or Saturdays. The 2014 Season officially begins June 23 and is scheduled to end with the league championship meet on August 16<sup>th</sup>.

Prerequisites: New participants ages 6-8\* must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke prior to the first day of practice. Those ages 9\* and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in prior to the first day of practice.

\* Participant age as of July 1, 2014.

Parental/Guardian Support: During the first week of the season, you will be asked to Sign-up to provide team support throughout the season as a condition of your child's participation. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Boost Club, Team Communications, End of Season Pot-Luck, Meet Set-up/Clean-Up, etc. The total season commitment amounts to approx. 8 cumulative hours.

Parent Information Meeting and Swim Suit Fitting: May 28<sup>th</sup> at 6:30pm McCollum Park Pool

### Meet Schedule

#### Home Meets

Sat, July 12 8:00am – Noon vs Lynnwood  
Sat, Aug 2 8:00am – Noon vs Shoreline

#### Away Meets

Fri, July 18 4:30pm – 8:30pm @ Mountlake Terrace  
Fri, July 25 5:00pm – 9:00pm @ Edmonds - YOST  
Sat, Aug 9 7:30am – Noon & Kirkland – Peter Kirk

### Championship Meet

Sat, Aug 16 7am – Noon Ages 11 & up 1pm – 6pm Ages 10 & under

### Practice Time Slots

Practices occur Monday – Thursday and participants register into one of three practice time slots. Each practice time slot is limited to a maximum of 48 participants. [8 athletes per lane] Participants can only attend the time slot they are registered into during the season.

Ages 14 and up	6:40 – 7:40am	<b>Course Code #5008</b>
Ages 7 – 13	7:40 – 8:30am	<b>Course Code #5009</b>

**Fee:** 1 family member = \$155 2 family members = \$145 each  
3 family members = \$135 each 4 or more family members = \$130 each

Registration includes a Team T-shirt and Team Swim Cap for each athlete.

### Swim Team Prep Course

Designed for prepare children interested in joining any competitive swim team. Introduction and practice drills to explore the four competitive strokes. Children should be able to swim 15 yards without assistance or have completed Youth Level Three prior to enrollment. **Fee \$25**

#### June 16 - 20      Five, 45 Min Lessons

	5:00	6:00
Ages 6 – 10	#5010	
Ages 11 – 15		#5011

### Aqua Leaders Program

A training class for youth ages 12 – 15 years to develop basic guarding, swim instructing and other aquatic occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety. Completion of the program is a prerequisite to volunteer as a Junior Guard and or Swim Instructor Aide for the Snohomish County Aquatic Service. Fee \$60

**Course Code #5012      June 23 – July 3    Monday – Friday 9:00am – Noon**

### Youth Triathlon – Saturday, August 24

Athletes ages 5 – 17 compete in age-appropriate distances with an emphasis on fitness, fun and safety. The entire event occurs within McCollum Park. Participants receive event T-shirt and placement ribbons. Check-in begins 15min prior to each division start. A detailed course description will be available at the pool beginning July 14, 2014. Fee: \$20 before August 15 and \$30 for registrations Aug 16 – Aug 20. No registrations accepted after Aug 20<sup>th</sup>.

Depending on the number of athletes registered into each division, divisions may be divided by gender to reduce traffic on the course.

<u>Course Code</u>	<u>Division</u>	<u>Age</u>	<u>Time</u>	<u>Swim</u>	<u>Bike</u>	<u>Run</u>
#5013	Senior	15 – 17	8am	200 yards	3 miles	1 mile
#5014	Intermediate	12 – 14	9am	100 yards	2 miles	1/2 mile
#5015	Junior	9 – 11	10am	50 yards	1 mile	1/4 mile
#5016	Tikes	5 – 8	11am	25 yards	1/2 mile	1/8 mile

### Training Courses

We are currently gauging interest to potentially offer various American Red Cross Aquatic Certification Courses. If you are interested in becoming certified as a Lifeguard and or Water Safety Instructor, please “register” your interest by signing up on-line. There is NO COST to register- however there is no guarantee that these course will occur.

### Lifeguard Training

American Red Cross lifeguard training course. Successful participants will earn certifications in lifeguarding, first aid, CPR for the Professional Rescuer and automatic defibrillation. Anticipated Fee: \$100

The prerequisite for this course include:

- 15 years of age or older.
- Ability to swim 300 yards
- Ability to swim 20 yards, retrieve a 10lb brick in 7+ feet of water and then carry the brick back 20 yards while holding on to it with two hands.

Projected Course Dates:	June 9 – 12 & 16 – 19	4:00pm – 8:00pm	<b>Course Code: #5025</b>
	May 31, June 1, 8, 14, and 16	9:00am – 5:00pm	<b>Course Code: #5026</b>

### Water Safety Instructor

This is an American Red Cross course. Upon successful completion you will receive a certification in instructing the ARC Learn-to-swim programs for infants, toddlers, preschoolers, youth, adults, people with special needs and water safety outreach. Students must be at least 16 years old and complete a swimming pre-test on the first day of class. This course includes Fundamentals of Instructor Training. Anticipated Fee: \$125 plus textbooks and materials

Projected Course Date: May 31, June 1, 11-14, 18 & 19 4:00pm – 8:00pm **Course Code: #5027**

### Tuition Reimbursement Program

Those who take a certification training course with us and become hired and successfully “work” a minimum of 150 hours during the season will be eligible for course tuition refund.

### Rural County Water Safety Outreach Program

Snohomish County Parks and Recreation will be offering Water Safety Swim Lessons at various County Parks this summer in an effort to reduce the number of accidental drowning deaths in Snohomish County. We know that less than 30% of 5<sup>th</sup> grade children have the ability to swim safe enough to enter water deeper than chest depth and that on average 10 people die due to accidental drowning in Snohomish County each year.

Youth and Families will learn and practice skills basic swimming skills, small craft safety, self-rescue skills and how to help those in need of help. This comprehensive initiative will help reduce drowning incidents by helping students:

- Recognize risks associated with water related activities \* Develop improved swimming skills
- Implement strategies to reduce and manage those risks \* Learn personal Water Safety skills
- Responsibly maintain those strategies \* Learn basic CPR and First Aid skills
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<b><u>Session One</u></b>	Lake Roesiger Park	10:30 – 11:30	\$38	<b>#5028</b>
July 14 – July 18	Flowing Lake Park	12:00 – 1:00	\$38	<b>#5029</b>
<b><u>Session Two</u></b>	Wenberg Park	10:30 – 11:30	\$38	<b>#5030</b>
July 21 – July 25	Twin Lakes Park	12:00 – 1:00	\$38	<b>#5031</b>
<b><u>Session Three</u></b>	Martha Lake Park	10:30 – 11:30	\$38	<b>#5032</b>
July 28 – Aug 1	Wyatt Park	12:30 – 1:30	\$38	<b>#5033</b>

### Additional Information

#### Drowning Prevention Tips

Drowning occurs silently, within minutes, or even second, and often when an adult is nearby. Sadly, according to the Drowning Prevention Coalition, on average over 1,500 drowning deaths occurs each year in the United States.

Keep the following drowning prevention tips in mind to keep you and your family safe around the water.

- Swim **ONLY** in lifeguarded areas
- Always supervise children closely around the water including shallow water such as tubs and creeks
- Take swimming lessons, but realize that lessons do not “Drown Proof”
- If you own a boat or rubber raft, take a boating safety class
- Wear a properly sized lifejacket when in a boat
- Know what to do in an emergency by learning CPR and water rescue skills
- Fence in pools on all sides
- Remember that alcohol does not mix with swimming or boating

## What Level Should I Sign-Up For?

Here's a Flow Chart which may help you narrow down the choices for proper swim class level based on student age and "key" exit skills.

### If, 9 – 38 months, consider;

Aqua Tot Levels I and/or II

#### **Q: Student is between 9 to 24 months**

If No Please consider attending our "Open Swim".

If Yes Aqua Tots I

#### **Q: Student is between 20 to 38 months and has previously taken a "Water Introduction" course. (Aqua Tots I)**

If No Aqua Tots I

If Yes Aqua Tots II

#### **Q: Student is under the age of 4 and parent feels they may still benefit from parent/caregiver assistance.**

If Yes Aqua Tots II

### If, 3 – 5 yrs, 11 months, consider;

Preschool Levels I, II, III and/or IV

#### **Q: Student can submerge head completely underwater with open eyes in chest deep water.**

If No Preschool I

If Yes Preschool II

#### **Q: Student can "float" motionless at surface on tummy (arms and legs in the "X" position and face in water) for 3 seconds then roll over and float on back (in "X" position) for 3 seconds without touching bottom of pool, then recover to a standing position without assistance.**

If No Preschool II

If Yes Preschool III

#### **Q: Student can swim with big arms 3 full body lengths, roll to back position, float for 6 seconds, roll back to front position and continue swimming on front for 3 additional body lengths.**

If No Preschool III

If Yes Preschool IV

#### **Q: Student can jump into water 4-5ft deep, tread water for 15 seconds then swim 5 yards with crawl stroke side breathing.**

If No Preschool IV

If Yes and is 6 years and older please consider Youth Level II or III

### If, 6 years and Up, consider;

Youth Levels I, II, III, IV, V and/or VI

#### **Q: Student can submerge head completely underwater w/open eyes & can float motionless on front & back for 5 seconds (float in an "X" body position) and can glide on tummy at least 3 yards.**

If No Youth Level I

If Yes Youth Level II

#### **Q: Student can perform rudimentary front and back stroke 5 yards. (Arms recover above water) and can float motionless on tummy & back for 15 sec each in "X" body position.**

If No Youth Level II

If Yes Youth Level III

#### **Q: Student can perform rudimentary elementary backstroke, front crawl and back stroke 15 yards. (With rhythmic breathing- coordinated to arms and kick)**

If No Youth Level III

If Yes Youth Level IV

#### **Q: Student can perform intermediate front, back and elementary backstroke 25yards and breaststroke 15 yards.**

If No Youth Level IV

If Yes Youth Level V

#### **Q: Student can perform 50 yards of front, back, breaststroke and sidestroke and butterfly 25 yards. Tread water 3 min.**

If No Youth Level V

If Yes Youth Level VI

#### **Q: Student can perform proficient front and back crawl with turns 100 yards and 50 yards of butterfly and sidestroke.**

If No Youth Level VI

If Yes Consider- Swim Team, Aqua Leaders, or continuing in Youth Level VI